Physical Profiles Retention Standards and Narrative Summaries

COL Michael Deaton

Deputy Assistant Surgeon General for Force Projection

OTSG

First Things First

If a Soldier is in the care of a CBHCO, that Soldier

must have

a profile.

CBHCO Medical Officer Responsibilities

- Maintain appropriate licensure and credentials;
 - Submit documentation to supporting MEDCEN credentials office
- Determine if patient is acceptable for CBHCO
- Develop treatment plan for each patient
 - Document in Outpatient Treatment Record
- Quality of care for all CBHCO patients
- Medical supervision of Case Managers
- Approval of all referrals for CBHCO Soldiers
- Communicate with physicians and other healthcare providers caring for CBHCO Soldiers

CBHCO Medical Officer Responsibilities, Cont'd

- Review each case at least monthly
 - Document review in outpatient treatment record.
 - Include summary of referrals and diagnostic tests.
 - (Case manager will review / document at least weekly)
- Temporary profiles for CBHCO Soldiers
- Initiate and / or modify permanent profiles
- Prepare / review / approve physicals
- Dictate narrative summaries / initiate medical evaluation boards
- Determination of Optimum Therapeutic Benefit
- Correct medical deficiencies in MEB's as determined by the Physical Evaluation Board

AGENDA

- Learning by Examples
 - Cases
 - Things you are likely to see
- Profiles
 - DA Form 3349
 - Temporary and Permanent
- Standards for Retention
 - AR 40-501, Chapter 3
 - Who needs a Medical Evaluation Board
- Initiating the Medical Evaluation Board
 - AR 40-400, Chapter 7
 - The Narrative Summary

Example

- 44 year old white male
- Civilian occupation bank teller
- Military occupation combat engineer in a heavy bridge company
- Chief Complaint sore right shoulder
 - Hurts to work overhead, hurts to reach into the back seat of his car, hurts to lie on right shoulder at night
 - Does "OK" with load bearing equipment
 - Hurts to wear a rucksack with more than 30 pounds in it
- What does he have?
- Does he need a profile?
 - Temporary or Permanent?
- What else would you like to know?

Example, Shoulder Impingement, Continued

- Has had this condition for 6 years
 - Has had two courses of physical therapy
 - 6 weeks each
 - Does not want surgery
 - Is tired of putting up with the pain
 - Is embarrassed by the fact that other Soldiers in his company have to "pick up his slack"
- What else would you like to know?

Example, Shoulder Impingement, Continued

- On exam
 - Point tenderness at the subacromial bursa
 - Pain with abduction
 - Cannot raise his arm far enough to be parallel to the floor
 - Pain with external rotation
 - Pain with resistance maneuvers of the supraspinatus
- Write his profile

PHYSICAL PROFILE For use of this form, see AR 40-501; the proponent agency is the Office of The Surgeon General															
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5. FUNCTIONAL ACTIVITIES FOR PERMANENT AND TE	MPORAR	Y PROF	ILES (If any answer	(a-f) is NC	then the profile should be	e at least a 3)						
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PHYSICAL PROFILE - PAGE 2 (OPTIONAL)											
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CONTINUATION (From page 1, Item 10)											
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Page 2 of 2 APD V1.00

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19. ACTION BY UNIT COMMANDER (See pars 7-12, AR 40-501)				YES	NO				
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	PROFILING OFFICER (Or Approving Authority if applicable) IS RESPONSIBLE FOR ENSURING THE PULHES & DATE OF PROFILE IS ENTERED INTO MEDPROS. ORIGINAL COPY POSTED IN MEDICAL RECORDS, 1 COPY TO UNIT COMMANDER, 1 COPY GIVEN TO SOLDIER, 1 COPY TO MILPO.								

DA FORM 3349, FEB 2004

DA FORM 3349, MAY 86, IS OBSOLETE.

Army Regulation 40-501

Medical Services

Standards of Medical Fitness

Chapter 1

- General Provisions
- 1-1. Purpose
 - This regulation governs—
 - b. Medical fitness standards for retention and separation, including retirement.
 - e. Physical profiles.
 - f. Medical examinations.
- Available on the Web at www.usapa.army.mil

Chapter 7

Physical Profiling

- **7-1.** General

- This chapter prescribes a system for classifying individuals according to functional abilities.
- See also paragraphs 3–25, 3–27, 3–30, 3–45, and 3–46 for additional guidance on coronary artery disease, asthma, seizure disorders, and heat and cold injuries.

- 7-3. Physical profile serial system

- a. The physical profile serial system is based primarily upon the function of body systems and their relation to military duties.
- b. ... the functions have been considered under six factors designated "P-U-L-H-E-S."
 - ...the functional capacity of a particular organ or system of the body, RATHER THAN THE DEFECT PER SE, will be evaluated in determining the numerical designation
 - » 1, 2, 3, or 4.

- c. The factors to be considered are as follows:
 - (1) **P**—Physical capacity or stamina.
 - (2) **U**—Upper extremities.
 - (3) **L**—Lower extremities. (includes lower back)
 - (4) **H**—Hearing and ears.
 - (5) **E**—Eyes. ...visual acuity and diseases and defects of the eye.
 - (6) **S**—Psychiatric. ... personality, emotional stability, and psychiatric diseases.

- "1" under all factors... high level of medical fitness.
- "2" under <u>any or all</u> factors... some medical condition or physical defect that may require some activity limitations.
- ... one or more numerical designators of "3"... one or more medical conditions or physical defects... significant limitations... should receive assignments commensurate with his or her physical capability for military duty.
- one or more numerical designators of "4" indicates medical conditions or physical defects of such severity that performance of military duty must be drastically limited.

- Profiles must be realistic, legible, specific, written in lay terms
- (1) Determination of individual assignment or duties to be performed are **command**/administrative matters.
 - Limitations such as "no field duty," or "no overseas duty," are not proper medical recommendations.
- (2) It is the <u>responsibility of the commander</u> or personnel management officer to determine proper assignment and duty, based upon knowledge of the soldier's profile, assignment limitations, and the duties of his or her grade and MOS.

7-4. Temporary vs. permanent profiles

- (2) Temporary profiles should specify an expiration date. If no date is specified, the profile will automatically expire at the end of the third month.
 - In no case will individuals in military status carry a temporary profile that has been extended for more than 12 months... without positive action being taken... or... appropriate disposition.
 - "This temporary profile is an extension of a temporary profile first issued on (date)."
 - "This temporary profile is in addition to profile issued on (date)

- a. Permanent profiles. A profile is... permanent (if the Soldier fails to) meet the medical retention standards of chapter 3.
- This is especially important when the profile includes limitations that prohibit the soldier from performing an alternate APFT, from wearing a protective mask, from wearing Kevlar, from firing a rifle, or from wearing load bearing equipment or lifting weights required of the MOS.
- (2) <u>Failure to meet chapter 3 standards requires</u> <u>referral to an MEB/PEB.</u>
- (3) Permanent profiles may be amended at any time if clinically indicated and will automatically be reviewed at the time of a soldier's periodic examination.
- (4) The soldier's commander may also request a review of a permanent profile in accordance with paragraph 7–12.

- Approval Authority for Temporary Profile
 - Any physician
 - Up to 90 days at a time
 - No more than 12 months cumulative
- Approval Authority for Permanent Profile
 - Requires two physicians' signatures
 - Any physician for 1st signature
 - JFHQ Surgeon or his / her specified designee for 2nd

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d. ABLE TO CONSTRUCT AN INDIVIDUAL FIGHTING	POSITIO	N (Dig, fill,	& lift sand bags, et	c.)								
e. ABLE TO DO 3-5 SECOND RUSHES UNDER DIRECT AND INDIRECT FIRE												
f. IS SOLDIER HEALTHY WITHOUT ANY MEDICAL CO	NOITION	THAT P	REVENTS DEPL	OYMEN	T?							
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8. UPPER BODY WEIGHT TRAINING (See FM 21-20)			9. LOWER BO	DY WEK	GHT TRAINING (See FI	M 21-20)						
10. OTHER: e.g. Functional limitations and capabilities and other comments: (May continue on page 2) 11. THESE PARAMETERS ARE OPTIONAL USE												
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Example, Shoulder Impingement, Continued

- Does he need a Medical Evaluation Board?
 - Chapter 3 AR 40-501
- 3-12. Upper extremities
- The causes for referral to an MEB are as follows (see also para 3– 14):
 - a. Amputation of part or parts of an upper extremity equal to or greater than—
 - (1) A thumb proximal to the interphalangeal joint.
 - (2) Two fingers of one hand, other than the little finger, at the proximal interphalangeal joints.
 - (3) One finger, other than the little finger, at the metacarpophalangeal joint and the thumb of the same hand at the
 - interphalangeal joint.
 - b. Joint ranges of motion which do not equal or exceed the measurements listed below. Measurements must be made with a <u>goniometer</u> and conform to the methods illustrated and described in TC 8-640.

- (1) Shoulder—forward elevation to 90 degrees, or abduction to 90 degrees.
- (2) Elbow—flexion to 100 degrees, or extension to 60 degrees.
- (3) Wrist—a total range extension plus flexion of 15 degrees.
- (4) Hand (for this purpose, combined joint motion is the arithmetic sum of the motion at each of the three finger joints (TC 8-640))—an active flexor value of combined joint motions of 135 degrees in each of two or more fingers of the same hand, or an active extensor value of combined joint motions of 75 degrees in each of the same two or more fingers, or limitation of motion of the thumb that precludes opposition to at least two finger tips.
- c. Recurrent dislocations of the shoulder, when not repairable or surgery is contraindicated.

 Suppose our Soldier is overweight because of his medical condition.

- Can we write him a profile excusing him from the overweight program?

No, We Can't!

- 7-13. Physical profile and the Army Weight Control Program
- DA Form 3349 will not be used to excuse soldiers from the provisions of AR 600-9.
- AR 600-9 contains a standard memorandum for completion by a physician if there is an underlying or associated disease process that is the cause of the overweight condition.
- The inability to perform all APFT events or the use of certain medications is not generally considered sufficient medical rationale to exempt a soldier from AR 600-9.

Who Requires a Medical Evaluation Board?

- AR 40-501, Chapter 3
- **3-1. General** This chapter gives the various medical conditions and physical defects which may render a soldier unfit for further military service...
- **3-4. General policy** Possession of one or more of the conditions listed in this chapter does not mean automatic retirement or separation from the Service. Physicians are responsible for referring soldiers with conditions listed below to an MEB.
- It is critical that MEBs are complete and reflect all of the soldier's medical problems and physical limitations.
- The PEB will make the determination of fitness or unfitness. The PEB, under the authority of the U.S. Army Physical Disability Agency, will consider the results of the MEB, as well as the requirements of the soldier's MOS, in determining fitness.

 It is critical that MEBs are complete and reflect all of the soldier's medical problems and physical limitations.

 The PEB will make the determination of fitness or unfitness.

Next Case

- 28 yo WF with knee pain that began after jumping from HMMWV during roadside bombing.
 - Getting worse, especially with running or stairs
 - Feels like it wants to lock up
 - Exam reveals joint line tenderness to palpation
 - Flexion limited to 45 degrees
 - Prominent "click" on McMurray maneuver
- What does she have ?
- Temporary or Permanent Profile ?

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8. UPPER BODY WEIGHT TRAINING (See FM 21-20)			9. LOWER BO	DY WEK	SHT TRAINING (See FM	21-20)							
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Lower Extremity Case, Cont'd

- Does she require a MEB?
- Not yet!
 - PT x 6 wks, very little improvement
 - MRI confirms medial meniscus tear
 - Arthroscopic surgery cleans up the tear
 - PT x 6 wk, some improvement
 - Still has pain with attempts to run
 - Can get knee to 85 degrees flexion
 - As measured with goniometer
- Does she need a permanent profile?
- Does she require a MEB?

Lower Extremity Case, Cont'd

- 3-13. Lower extremities
- The causes for referral to an MEB are as follows (see also para 3–14):
 - a. Amputations... (Walter Reed amputee clinic)
 - b. Feet.
 - (1) Hallux valgus when moderately severe, with exostosis or rigidity and pronounced symptoms; or severe with arthritic changes.
 - (2) Pes planus, when symptomatic, more than moderate, with pronation on weight bearing which prevents the wearing of military footwear, or when associated with vascular changes.

- (3) Pes cavus when moderately severe, with moderate discomfort on prolonged standing and walking, metatarsalgia, and which prevents the wearing of military footwear.
- (5) Plantar fascitis or heel spur syndrome that is refractory to medical or surgical treatment, interferes with the satisfactory performance of military duties, or prevents the wearing of military footwear.
- (6) Hammertoes, severe, that precludes the wearing of appropriate military footwear, refractory to surgery, or interferes with satisfactory performance of duty.

- c. Internal derangement of the knee.
 - (1) Residual instability following remedial measures, if more than moderate in degree.
 - (2) If complicated by arthritis, see paragraph 3–14a.
- d. Joint ranges of motion. Motion that does not equal or exceed the measurements listed below.
 - Measurements must be made with a goniometer and conform to the methods illustrated and described in TC 8-640.

• (1) Hip—flexion to 90 degrees or extension to 0 degree.

- (2) Knee—flexion to 90 degrees or extension to 15 degrees.
- (3) Ankle—dorsiflexion to 10 degrees or planter flexion to 10 degrees.
- e. Shortening of an extremity that exceeds 2 inches.
- f. Recurrent dislocations of the patella.

Next Case

- 55 yo African American male
 - Presented to aid station for minor laceration, but would not stop bleeding
 - "Dang, Sarge, why won't you stop bleeding?"
 - "You think maybe it could have something to do with my Coumadin? They said I might bleed a little easier after I started taking it."
 - MEDEVAC'd
 - History, Physical, and EKG consistent with chronic afib.
 - Patient is otherwise asymptomatic.
 - Should he have deployed in the first place?
 - Does he need a profile and / or MEB?

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b. PERMANENT PROFILE (Reviewed and validated as a minimum with every periodic physical exam or after 5 years from the date of issue)													
c. IF A PERMANENT PROFILE WITH A 3 OR 4 PULHES, DOES THE SOLDIER MEET RETENTION STANDARDS IAW CHAPTER 3 AR 40-501? (IF USAR/ARNG/ARNGUS SOLDIER NOT ON ACTIVE DUTY SEE PARA. 9-10 & 10-26, AR 40-501 IF SOLDIER DOES NOT MEET RETENTION STANDARDS.)									Nee MM		Nee MEB/		
5. FUNCTIONAL ACTIVITIES FOR PERMANENT AND TE	MPORAR	Y PROFI	ILES (If any answer	(a-f) is N	O then the profile should be	at least a 3)							
a. ABLE TO CARRY AND FIRE INDIVIDUAL ASSIGNED	WEAPO	ON											
b. ABLE TO MOVE WITH A FIGHTING LOAD AT LEAS	T 2 MILE	S (48 LBS	includes helmet, b	oots, unif	orm, LBE, weapon, protecti	ve mask, pack, etc.)							
c. ABLE TO WEAR PROTECTIVE MASK AND ALL CH	EMICAL [DEFENSE	EQUIPMENT			1000				_			
d. ABLE TO CONSTRUCT AN INDIVIDUAL FIGHTING	POSITIO	N (Dig, fill,	& lift sand bags, et	c.)								_	
e. ABLE TO DO 3-5 SECOND RUSHES UNDER DIREC	CT AND I	NDIRECT	FIRE							_			
f. IS SOLDIER HEALTHY WITHOUT ANY MEDICAL CONDITION THAT PREVENTS DEPLOYMENT?													
6. APFT	YES	NO	ALTERNATE APFT (Fill out if unable to do APFT run otherwise N/A)					YE	s	N	0		
2 MILE RUN			APFT WALK N/A					/A					
APFT SIT-UPS			APFT SWIM N/A					/A					
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UNLIMITED SWIMMING			OR SWIM AT OWN PACE & DISTANCE										
8. UPPER BODY WEIGHT TRAINING (See FM 21-20)			9. LOWER BODY WEIGHT TRAINING (See FM 21-20)										
10. OTHER: e.g. Functional limitations and capabilities and other comments: (May continue on page 2) 11. THESE PARAMETERS ARE OPTIONAL USE Lifting or carrying max weight or													
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3-21. Heart

- The causes for referral to an MEB are as follows (see table 3-1 for functional classifications and for metabolic equivalents (METS) ratings to be included in the MEB):
- a. Coronary heart disease associated with—
- (1) Myocardial infarction, angina pectoris, or congestive heart failure due to fixed obstructive coronary artery disease or coronary artery spasm.
- (2) Myocardial infarction with normal coronary artery anatomy.
- (3) Angina pectoris in association with objective evidence of myocardial ischemia in the presence of normal coronary artery anatomy.
- (4) Fixed obstructive coronary artery disease, asymptomatic but with objective evidence of myocardial ischemia.

- If patient survives, and is doing well,
 - MEB
 - 120 day trial of duty
 - See para 3-25, AR 40-501

- b. Supraventricular tachyarrhythmias, when life threatening or symptomatic enough to interfere with performance of duty and when not adequately controlled. This includes atrial fibrillation, atrial flutter, paroxysmal supraventricular tachycardia, and others.
- d. Heart block (second degree or third degree AV block) and symptomatic bradyarrhythmias, even in the absence of organic heart disease or syncope. Wenckebach... in healthy asymptomatic individuals without evidence of... heart disease is not a cause for referral to a PEB. None of these conditions is cause for MEB/PEB when associated with recognizable temporary precipitating conditions...

- e. Myocardial disease, New York Heart Association or Canadian Cardiovascular Society Functional Class II or worse. (See table 3–1.)
- f. Ventricular flutter and fibrillation, ventricular tachycardia when potentially life threatening (for example, when associated with forms of heart disease that are recognized to predispose to increased risk of death and when there is no definitive therapy available to reduce this risk) or when symptomatic enough to interfere with the performance of duty. None of these ventricular arrhythmias are a cause for medical board referral to a PEB when associated with recognizable temporary precipitating conditions...

- g. Sudden cardiac death, when an individual survives sudden cardiac death that is not associated with a temporary or treatable cause, and when there is no definitive therapy available to reduce the risk of recurrent sudden cardiac death.
- *j.* Valvular heart disease with cardiac insufficiency at functional capacity of Class II or worse as defined by the New York Heart Association. (See table 3–1.)

- k. Ventricular premature contractions with frequent or continuous attacks, whether or not associated with organic heart disease, accompanied by discomfort or fear of such a degree as to interfere with the satisfactory performance of duty.
- I. Recurrent syncope or near syncope of cardiovascular etiology that is not controlled or when it interferes with the performance of duty, even if the etiology is unknown.
- m. Any cardiovascular disorder requiring chronic drug therapy in order to prevent the occurrence of potentially fatal events or severely symptomatic events that would interfere with duty performance.

Next Case

- 19 yo WF recently graduated from AIT,
 - Recurrent episodes of wheezing in the desert
 - Unable to spend more than 2 hrs in protective mask
 - Not sufficiently controlled with intermittent use of albuterol inhaler
 - MEDEVAC'd
 - "I didn't have any trouble since I was 15. Well, that is until I got to Basic. But I managed to tough it out."
 - 10 minutes of running produces 20% decrease in FEV1
 - Can walk 2.5 miles in time to pass alternate APFT
 - Does she have asthma?

Wheezing Case

- Six months after albuterol, salmeterol, fluticasone, and a leukotriene inhibitor, still cannot perform duties in protective mask
- Does she need a permanent profile?
- Does she need a MEB?

 Did she need to remain on active duty to receive an adequate trial of treatment?

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a. ABLE TO CARRY AND FIRE INDIVIDUAL ASSIGNED WEAPON												
b. ABLE TO MOVE WITH A FIGHTING LOAD AT LEAS	T 2 MILE	S (48 LBS	. Includes helmet, b	oots, unifo	rm, LBE, weapon, protecti	ve mask, pack, etc.)						_
c. ABLE TO WEAR PROTECTIVE MASK AND ALL CHEMICAL DEFENSE EQUIPMENT												
d. ABLE TO CONSTRUCT AN INDIVIDUAL FIGHTING POSITION (Dig, fill, & lift sand bags, etc.)												
e. ABLE TO DO 3-5 SECOND RUSHES UNDER DIRECT AND INDIRECT FIRE												
f. IS SOLDIER HEALTHY WITHOUT ANY MEDICAL CONDITION THAT PREVENTS DEPLOYMENT?												
6. APFT	YES	NO	ALTERNATE APFT (Fill out if unable to do APFT run otherwise N/A)						YE	s	N	2
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APFT SIT-UPS			APFT SWIM N/A					Α				
APFT PUSH UPS			APFT BIKÉ N/A									
7. STANDARD OR MODIFIED AEROBIC CONDITIONING ACTIVITIES (Check all applicable boxes)												
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UNLIMITED WALKING			OR WALK AT OWN PACE & DISTANCE									
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UNLIMITED SWIMMING			OR SWIM AT OWN PACE & DISTANCE									
8. UPPER BODY WEIGHT TRAINING (See FM 21-20)			9. LOWER BO	DY WEK	GHT TRAINING (See FA	1 21-20)						
10. OTHER: e.g. Functional limitations and capabilities and other comments: (May continue on page 2) 11. THESE PARAMETERS ARE OPTIONAL USE												
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- 3-27. Miscellaneous respiratory disorders
- NOT ALL THAT WHEEZES IS ASTHMA and GET A SET OF PFT's
- The causes for referral to an MEB are as follows:
 - a. Asthma. This includes reactive airway disease, exercise-induced bronchospasm, asthmatic bronchospasm...
 - (1) Definitions/diagnostic criteria are as follows.
 - (a) Asthma is a clinical syndrome characterized by cough, wheeze, or dyspnea and physiologic evidence of reversible airflow obstruction or airway hyperactivity that persists over a prolonged period of time (generally more than 6 to 12 months).
 - (b) Reversible airflow obstruction is defined as more than 15 percent increase in FEVI following the administration of an inhaled bronchodilator or prolonged corticosteroid therapy.

- (c) Increased bronchial responsiveness is the presence of an exaggerated decrease in airflow induced by a standard bronchoprovocation challenge such as methacholine inhalation (PD20 FEV1 less than or equal to 4mg/ml).
- Demonstration of exercise induced bronchospasm (15 percent decline in FEV1) is also diagnostic of increased bronchial responsiveness; however, failure to induce bronchospasm with exercise does not rule out the diagnosis of asthma.
- Bronchoprovacation or exercise testing should be performed by a credentialed provider privileged to perform the procedures.

- (d) Soldiers who are diagnosed as having asthma may be placed on a temporary profile under the "P" factor of the physical profile for up to 12 months trial of duty, when medically advisable..
- (2) Chronic asthma is cause for a permanent P-3 or P-4 profile and MEB/PEB referral if it—
 - (a) Results in repetitive hospitalizations, repetitive emergency room visits or excessive time lost from duty.
 - (b) Requires repetitive use of oral corticosteroids to enable the soldier to perform all military training and duties.
 - (c) Results in inability to run outdoors at a pace that meets the standards for the timed 2-mile run despite medications.
 - (d) Prevents the soldier from wearing a protective mask.

Wheezing Case, Cont'd

- Did she need to remain on active duty to receive an adequate trial of treatment?
 - Probably not
 - Deaton's recommendation
 - T3 Profile for 12 months
 - Trial of Medication
 - Go ahead and do the MEB
 - » Recommend 12 month trial of duty
 - REFRAD
 - After 12 mo trial of duty, next doc need only do an addendum to MEB, and submit original NARSUM to PEB

While We're Discussing Lungs...

- We still have lots of smokers, so...
 - *d.* Bronchitis. Chronic, severe, persistent cough, with considerable expectoration or with dyspnea at rest or on slight exertion or with residuals or complications that require repeated hospitalization.
 - m. Pulmonary emphysema. Marked emphysema with dyspnea on mild exertion and demonstrable moderate reduction in pulmonary function.

Back Pain

- 45 yo WM with recurrent back pain
 - Exacerbated while at JRTC during pre-deployment training
 - Pain every day
 - Hurts to stand longer than 30 min
 - Hurts to sit longer than 30 min, especially in military vehicles
 - Can't bend more than 75 degrees
 - Hurts to extend back to upright
 - Rucksack more than 30 pounds causes exquisite pain
 - No radiation past the knee
 - Has had 12 weeks of PT to no avail
 - Plain films are normal

Back Pain, Cont'd

- Can you write his profile?
- Does he need a MRI?
- He would like to try IDET and / or Prolotherapy
 - Should you allow that ?
- Does he require a MEB?
 - Keep in mind there's no demonstrable pathology

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5. FUNCTIONAL ACTIVITIES FOR PERMANENT AND TEMPORARY PROFILES (If any answer (a-f) is NO then the profile should be at least a 3)													
a. ABLE TO CARRY AND FIRE INDIVIDUAL ASSIGNED WEAPON													
b. ABLE TO MOVE WITH A FIGHTING LOAD AT LEAST	T 2 MILE	S (48 LBS	includes helmet, b	oots, unifo	vm, LBE, weapon, protecti	ve mask, pack, etc.)							
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e. ABLE TO DO 3-5 SECOND RUSHES UNDER DIREC	T AND I	NDIRECT	FIRE										
f. IS SOLDIER HEALTHY WITHOUT ANY MEDICAL CONDITION THAT PREVENTS DEPLOYMENT?													
6. APFT	YES	NO	ALTERNATE APFT (Fill out if unable to do APFT run otherwise N/A)					YES		NO			
2 MILE RUN			APFT WALK				N	/A					
APFT SIT-UPS			APFT SWIM N/A										
APFT PUSH UPS			APFT BIKE				N	/A					
7. STANDARD OR MODIFIED AEROBIC CONDITIONING	ACTIVITI	ES (Check	k all applicable boxe	is)						,			
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10. OTHER: e.g. Functional limitations and capabilities and other comments: (May continue on page 2) 11. THESE PARAMETERS ARE OPTIONAL USE A													
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- 3-39. Spine, scapulae, ribs, and sacroiliac joints
- The causes for referral to an MEB are as follows (see also para 3–14):
 - a. Dislocation. Congenital, of hip.
 - b. Spina bifida. Demonstrable signs and moderate symptoms of root or cord involvement.
 - c. Spondylolysis or spondylolisthesis. More than mild symptoms resulting in repeated outpatient visits, or repeated hospitalization or limitations effecting performance of duty.
 - d. Coxa vara. More than moderate with pain, deformity, and arthritic changes.

- e. Herniation of nucleus pulposus. More than mild symptoms following appropriate treatment or remedial measures, with sufficient objective findings to demonstrate interference with the satisfactory performance of duty.
- f. Kyphosis. More than moderate, interfering with military duties.
- g. Scoliosis. Severe deformity with over 2 inches deviation of tips of spinous process from the midline, or of lesser degree if recurrently symptomatic and interfering with military duties.

 h. Nonradicular pain involving the cervical, thoracic,

lumbosacral, or coccygeal spine, whether idiopathic or

secondary to degenerative disc or joint disease, that

fails to respond to adequate conservative treatment and

necessitates significant limitation of physical activity.

Next Case

- 26 yo African American male
 - Lieutenant AG Corps, Investment banker as a civilian
 - Spent full year in Theater at a desk
 - Went to gym during de-mob, decided to "Get back in shape."
 - Next day, weak, felt terrible, arm muscles rockhard
 - CPK 103,000
 - What does he have?
 - Does he need a MEB?
 - Did he need to stay on active duty?

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d. ABLE TO CONSTRUCT AN INDIVIDUAL FIGHTING POSITION (Dig, fill, & lift sand begs, etc.)												_
e. ABLE TO DO 3-5 SECOND RUSHES UNDER DIREC	T AND I	NDIRECT	FIRE									_
f. IS SOLDIER HEALTHY WITHOUT ANY MEDICAL CONDITION THAT PREVENTS DEPLOYMENT?												
6. APFT	YES	NO	ALTERNATE APFT (Fill out if unable to do APFT run otherwise N/A)						YE	s	N	5
2 MILE RUN			APFT WALK N/A									
APFT SIT-UPS			APFT SWIM N/A					/A				
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- 3-45. Heat illness and injury
- The causes for referral to an MEB are as follows:
 - a. Heat exhaustion.
 - (1) Heat exhaustion is defined as collapse, including syncope, occurring during or immediately following exercise
 - heat stress without evidence of organ damage or systemic inflammatory activation.
 - (2) Individual episodes of heat exhaustion are not cause for MEB referral. However, soldiers suffering from recurrent episodes of heat exhaustion (three or more in less than 24 months) should be referred for complete medical evaluation for contributing factors.
 - (3) If no remediable factor causing recurrent heat exhaustion is identified, then the soldier will be referred to an MEB.

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- b. Heat stroke.
 - (1) The definitions of heat stroke are as follows.
 - (a) Heat stroke: A syndrome of hyperpyrexia, collapse, and encephalopathy with evidence of organ damage and/or
 - » systemic inflammatory activation occurring in the setting of environmental heat stress.
 - (b) Exertional rhabdomyolysis: Rhabdomyolysis with myoglobinuria occurring with exercise-heat stress but without the encephalopathy of heat stroke.
 - (2) Soldiers will be referred to an MEB after an episode of heat stroke or exertional rhabdomyolysis. If the soldier has had full clinical recovery, and particularly if a circumstantial contributing factor to the episode can be identified, the MEB may recommend a trial of duty with a P-3 (T) profile.
- (Referral to PEB is <u>not</u> required, at least not initially)

 The profile will restrict the soldier from performing vigorous physical exercise for periods longer than 15 minutes. Maximal efforts, such as the APFT 2-mile run are not permitted. If, after 3 months, the soldier has not manifested any heat intolerance, the profile may be modified to P-2 (T) and normal unrestricted work permitted. Maximal exertion and significant heat exposure (such as wearing Mission Oriented Protective Posture (MOPP) IV) are still restricted. If the soldier manifests no heat intolerance, including a season of significant environmental heat stress, normal activities can be resumed and the soldier may be returned to duty without a PEB. Any evidence of significant heat intolerance, either during the period of the profile or subsequently, requires a referral to a PEB. (A description of the heat intolerance should be included in the MEB narrative summary.)

Medical Evaluation Boards

- AR 40-501 describes who needs a MEB
 - How does one go about initiating one?
 - Make sure <u>all</u> the Soldier's medical problems have been addressed, and have achieved optimum therapeutic benefit from treatment
 - 2. Notify the PAD Officer
 - 3. Send the Soldier to see the PAD Officer
 - 4. Arrange for a formal Board Physical
 - 5. Dictate a Narrative Summary

Army Regulation 40-400
Medical Services
Patient
Administration

The Narrative Summary

- 7-24. Preparing medical evaluation board narrative summaries
- The recommended format for an MEB narrative summary is provided below.
 - a. Baseline documentation. At the beginning of the MEB, the following will be recorded:
 - (1) The signatory physician's specialty.
 - (2) The clinical department/service.
 - (3) The MTF and its location.
 - (4) Reason for doing the MEB (for example, physician-directed, command-directed).
 - (5) Soldier's eligibility for MEB.

- (6) Military history.
 - "See DA Form 2-1" usually works, but PEB's don't like it
 - » (a) Date of entry into Service.
 - » (b) Estimated termination of Service.
 - » (c) Administrative actions ongoing, pending, or completed (for example, courts-martial, selective early retirement, bars, retirement or separation dates).
- (7) Chief complaint stated in soldier's own words.
- (8) History of present illness. Exact details, including pertinent dates regarding injuries, how incurred, and a statement of the final line of duty (LD) determination, if available.

- (9) Past medical history.
 - (a) Past injuries and illnesses.
 - (b) Prior disability ratings (for example, given by the VA).
 - (c) Past hospitalizations and relevant outpatient treatment, including documentation of diagnosis and therapy, pertinent dates, and location should be listed.
 - (d) Illnesses, conditions, and prodromal symptoms, existing prior to service conditions.
- b. Physical examination. A complete physical examination must be recorded in the MEB. (Selected specialty-related considerations and guidelines follow.)
 - "For full physical examination, please refer to DD Forms 2807-1 and 2808. Findings pertinent to the condition for this Board are as follows:..."

- c. Laboratory studies. Studies that support and quantify the diagnosis(es) should be included as should any studies that conflict with the diagnosis(es).
- d. Present condition and current functional status.
 The current clinical condition of the soldier should be noted including required medications and any non-medication treatment regimens (for example, physical therapy) in progress.

- (1) The soldier's **functional status** as to the ability to perform his/her required duty should be indicated.
- (2) The soldier's civilian equivalent performance should be indicated.
- (3) A statement should be given regarding the prognosis for functional status after completion of treatment, if chronic treatment is not necessary.
- (4) A statement should be given regarding the prognosis for functional status in cases requiring chronic treatment.
- (5) The stability of the current clinical condition and functional status should be addressed.

- e. Conclusions.
 - (1) An informed opinion should be stated as to the soldier's ability to meet current retention standards.
 - (2) If a soldier does not meet retention standards, the specific reasons why should be stated.
- f. Diagnosis(es). The diagnostic terminology used by the MEB should correlate, if at all possible, with that of the VASRD. Because the PEBs are required to assess a soldier's status based on the VASRD, a clearer understanding of that status is facilitated when the same terminology is used by the MEBs and the PEBs. All MEB diagnoses will be given an International Classification of Diseases-Ninth Revision-Clinical Modification (ICD-9-CM) code.

- g. Profile (if required by Service regulation).
 - (1) The physical profile of the soldier should agree with the severity of the medical impairment as expressed in the narrative summary.
 - (2) The physical profile of the physical exam should agree with that of the physical profile form, as well as that noted in the MEB cover sheet.
- (These issues are especially troublesome when the doc who does the NARSUM is not the same doc that does the physical.)

- (1) Cardiology.
 - (a) Results of special studies to support and quantify the cardiac impairment should be noted (for example, <u>treadmill</u> and thallium stress tests, angiography, and other special studies).
 - (b) It is imperative that the <u>Functional</u>
 <u>Therapeutic Classification</u> of the cardiac condition be included. Either the New York or Canadian classification system may be used.

- (2) Gastroenterology. Soldiers with fecal incontinence should have recorded findings of rectal examination (for example, digital exam, manometric studies as indicated and radiographic studies). The degree and frequency of the incontinence should be noted, as well as the incapacitation caused by the condition.
- (3) Neurosurgery.
 - (a) In vertebral disc problems, radicular findings on physical examination should be supported by laboratory studies such as computerized axial tomography scan, MRI, or electromyography. In cases where surgery has been performed, both pre- and post-operative deep tendon reflexes should be documented.
 - (b) In head injuries, neuropsychiatric assessment should be accomplished. Results of any clinically indicated neuropsychological testing should be included.

- (4) Ophthalmology. If retention standards are not met for reasons related to vision
 - visual fields must be included in the physical examination and verified by an ophthalmologist.
 - Specialist examination should include uncorrected and corrected central visual acuity.
 - » Snellen's test or its equivalent will be used
 - » and, if indicated, measurements of the Goldman Perimeter chart will be included.

- (5) Orthopedics.
 - (a) Range of motion measurements must be documented for injuries to the extremities.
 The results of the measurement should be validated and the method of measurement and validation should be stated.
 - (b) In cases involving back pain, the use of Waddell's signs should be included in assessing the severity and character of the pain. (See app A.)

- (7) Pulmonary. When an MEB is held for restrictive or obstructive pulmonary disease, documentation will be provided of pulmonary function testing carried out when soldier is on and off therapeutic medication. There must be three pulmonary function tests done off medication, two of which must be in agreement within the 5 percent level, and three done on medication, two of which must agree within the 5 percent level.

SUMMARY

- Learning by Examples
 - Cases
 - Things you are likely to see
- Profiles
 - DA Form 3349
 - Temporary and Permanent
- Standards for Retention
 - AR 40-501, Chapter 3
 - Who needs a Medical Evaluation Board
- Initiating the Medical Evaluation Board
 - AR 40-400, Chapter 7
 - The Narrative Summary

QUESTIONS?

COL Michael A. Deaton
ATTN: DASG-ZH
Room 2A486, 800 Army Pentagon
Washington, D.C. 20310
(703) 693-5607
Michael.Deaton@OTSG.amedd.army.mil

DA Form 3349

For use of this form, see	ΔR 40-5		SICAL PRO		he Office of the Su	ırdeon General					
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DA FORM 3349, FEB 2004

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Page 1 of 2 APD V1.00

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5. THE ABOVE STATED MEDICAL CONDITION SHOULD NOT Groin Stretch Thigh Stretch	I PKEVE	NITHE INDIVIDUAL FROM DO TLOWER Back Stretch	Neck &					Neck	Stret	-h			
Hip Raise Quads Stretch & Bal. Single Knee to Chest Upper Back Stretch Ank													
Knee Bender Calf Stretch		Stretch											
Side-Straddle Hop Long Sit	Uppe	r Bod	yWtT	ng									
High Jump Hamstring Stretch Tum and Bounce Two-Arm Side Stretch Lower Body Wt T													
☐ Jogging in Place ☐ Hams. & Calf Stretch ☐ Turn and Bend ☐ Side Bender ☐ All													
6. AEROBIC CONDITIONING EXERCISES 7. FUNCTIONAL ACTIVITIES 8. TRAINING HEART RATE FORMULA													
☐ W alk at Own Pace and Distance	W	/ ear Backpack (40 Lbs.)											
Run at Own Pace and Distance		l ear Helmet		M	ALES 2	20		FEMAL	FS 225				
Bicycle at Own Pace and Distance	_	arry Rifle		1-12	1002	20		LITINE	. 5 223				
Swim at Own Pace and Distance	F	ire Riffle					(-) AGE						
W alk or Run in Pool at Own Pace		With Hearing Protection						: Sting i	4EART	RATE			
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Swim at Training Heart R ate for Min.		it-Ups											
9. OTHER		<u> </u>											
J. STREK													
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PHYSICAL PROFILE For use of this form, see AR 40-501; the proponent agency is the Office of The Surgeon General													
1. MEDICAL CONDITION				2.			_						
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3. ASSIGNMENT LIMITATIONS ARE AS FOLLOWS								CODE	S				
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4. THIS PROFILE IS PERMANENT		TEMPORARY EXPIRATION I				4TT IC 6							
5. THE ABOVE STATED MEDICAL CONDITION SHOULD NOT Groin Stretch Thigh Stretch	I PKEVE	NITHE INDIVIDUAL FROM DO TLOWER Back Stretch	Neck &					Neck	Stret	-h			
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